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ABSTRACT

Given the many problems that adolescents face, it is imperative that they be taught coping skills. To aid in this effort, a comprehensive curriculum to help youngsters learn positive mental health concepts is presented here. It contains 90 activities which have been field tested. For each pair of grades (7/8, 9/10, 11/12) activities are grouped into five topic areas: (1) Self-Acceptance; (2) Feelings; (3) Beliefs and Behavior; (4) Problem Solving and Decision Making; and (5) Interpersonal Relationships. Developmentally appropriate lessons build on previous program experiences throughout the curriculum. Each activity is presented complete with its objective, materials list, procedure, handouts and worksheets. A discussion guide is also included which contains both content and personalization questions to encourage adolescents to apply the concepts they learn and to cope more positively with the changes of growing up in an unstable world. Student involvement is featured through simulation games, role playing, stories, written activities, brainstorming, and art activities. A brief overview of Rational-Emotive Therapy, the conceptual basis of the program, is given and additional references are provided. Contains an index of activities. (EMK)

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